



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
MARCH 2024 SUPPLEMENTARY EXAMINATIONS**

**COURSE CODE AND TITLE: BSM 115 PRECONCEPTION HEALTH AND CARE
DATE: 19TH MARCH 2024**

Duration: 2 HOURS Start: 2: 00pm Finish: 4: 00pm

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

PART I: MULTIPLE CHOICE QUESTIONS

20 MKS

1. Folic acid supplementation is recommended in pregnancy to prevent: -
 - A. Neural tube defects
 - B. Cerebral palsy
 - C. Congenital heart disease
 - D. Intrauterine foetal growth retardation

2. The negative foetal outcome associated with father's age of above 50 years is: -
 - A. Low birth weight
 - B. Prematurity
 - C. Still birth
 - D. Chromosomal abnormalities

3. Diabetic control is important before conception to reduce incidence of which negative outcome in a foetus: -
 - A. Fetal microsomia
 - B. Low birth weight
 - C. Congenital heart disease
 - D. Foetal hypoxia

4. The recommended body mass index (BMI) of a woman before conception is: -
 - A. Below 18.5
 - B. 18.6 to 24.9
 - C. 25.0 to 29.9
 - D. Above 30.0

5. Maternal risk factor associated with neonatal infections include: -
 - A. Diabetes mellitus
 - B. Maternal gonorrhoea
 - C. Maternal anemia
 - D. Gestational hypertension

6. The most fertile age of a woman is between: -
 - A. 13 to 19 years
 - B. 20 to 30 years
 - C. 30 to 40 years
 - D. Above 40 years

7. The best timing for a reproductive health plan should be: -
 - A. Just before pregnancy
 - B. In between pregnancies
 - C. Early reproductive years
 - D. After achieving career goals

8. High dose of vitamin A is discouraged in a woman trying to get pregnant because it increases risk of: -
 - A. Congenital abnormalities
 - B. Anemia in pregnancy

- C. Low birth weight
- D. Intrauterine growth retardation

9. Antibiotics safe in early pregnancy include: -

- A. Aminoglycosides
- B. Tetracyclines
- C. Quinolones
- D. Penicillins

10. A common effect of hypertension on the fetus is: -

- A. Low birth weight
- B. Fetal macrosomia
- C. Fetal hyperglycemia
- D. Fetal hypoglycemia

For Q11 to 20 indicate whether the following statements are TRUE or FALSE:

- 11. Preconception health only matters if one has health problems _____
- 12. Unplanned pregnancy is at great risk of both preterm and low birth weight _____
- 13. Only pregnant women should take folic acid _____
- 14. A woman trying to become pregnant should avoid over the counter drugs _____
- 15. Spacing between pregnancies does not affected outcome of pregnancy _____
- 16. All men of reproductive age require preconception care _____
- 17. A woman trying to conceive should take alcohol in moderation _____
- 18. Obesity affects fertility of men and women _____
- 19. Sudden infant death syndrome is common in babies born by smoking mothers _____
- 20. A couple who have given birth to a baby with congenital abnormality should be referred for genetic counselling _____

PART II: SHORT ANSWER QUESTIONS

30 MKS

- 1. State six (6) factors that hinder utilisation of preconception care **(6 Marks)**
- 2. Outline any six (6) CDC recommendations on preconception care **(6 Marks)**

Q3. List six (6) neonatal physical defects caused by maternal alcohol use (3 Marks)

Q4. Outline six (6) evidence-based interventions for interpersonal violence (6 Marks)

Q5. State six (6) effects of pregnancies in teenagers on the foetus/neonate (6 Marks)

Q6. Enumerate six (6) laboratory tests that can be done in preconception risk assessment (3 Marks)

PART III: LONG ANSWER QUESTIONS **20 MARKS**

Mr. and Mrs. P. are newlywed and have come to the health facility seeking preconception care and indicate they plan to start child bearing after five years;

- a) Outline the benefits of reproductive health plan (4 Marks)
- b) Highlight the keys aspects you will assess during the health history (8 Marks)
- c) Explain the health promotion services you will accord Mr. and Mrs. P. (8 Marks)